



Norwich

(B) 7/8TH Wrestling

Coaches:

- Luke Marvin, Asst Coach
- Evan Wolff, Asst Coach

| DATE | WEEK DAY | TYPE | OPPONENTS | START TIME | END TIME | LOCATION | TRANSPORTATION | LEAGUE / NON-LEAGUE |
|--------------|----------|--|-----------|------------|----------|----------------|----------------|---------------------|
| Nov 28, 2022 | Mon | Practice (Modified Wrestling Practice) | N/A | 3:15 PM | 4:30 PM | Wrestling Room | | |
| Nov 29, 2022 | Tue | Practice (Modified Wrestling Practice) | N/A | 3:15 PM | 4:30 PM | Wrestling Room | | |
| Nov 30, 2022 | Wed | Practice (Modified Wrestling Practice) | N/A | 3:15 PM | 4:30 PM | Wrestling Room | | |
| Dec 1, 2022 | Thu | Practice (Modified Wrestling Practice) | N/A | 3:15 PM | 4:30 PM | Wrestling Room | | |
| Dec 2, 2022 | Fri | Practice (Modified Wrestling Practice) | N/A | 3:15 PM | 4:30 PM | Wrestling Room | | |
| Dec 5, 2022 | Mon | Practice (Modified Wrestling Practice) | N/A | 3:15 PM | 4:30 PM | Wrestling Room | | |
| Dec 6, 2022 | Tue | Practice (Modified Wrestling Practice) | N/A | 3:15 PM | 4:30 PM | Wrestling Room | | |
| Dec 7, 2022 | Wed | Practice (Modified Wrestling Practice) | N/A | 3:15 PM | 4:30 PM | Wrestling Room | | |
| Dec 8, 2022 | Thu | Practice (Modified Wrestling Practice) | N/A | 3:15 PM | 4:30 PM | Wrestling Room | | |
| Dec 9, 2022 | Fri | Practice (Modified Wrestling Practice) | N/A | 3:15 PM | 4:30 PM | Wrestling Room | | |
| Dec 12, 2022 | Mon | Practice (Modified Wrestling Practice) | N/A | 3:15 PM | 4:30 PM | Wrestling Room | | |
| Dec 13, 2022 | Tue | Practice (Modified Wrestling Practice) | N/A | 3:15 PM | 4:30 PM | Wrestling Room | | |
| Dec 14, 2022 | Wed | Practice (Modified Wrestling Practice) | N/A | 3:15 PM | 4:30 PM | Wrestling Room | | |
| Dec 15, 2022 | Thu | Practice (Modified Wrestling Practice) | N/A | 3:15 PM | 4:30 PM | Wrestling Room | | |

| DATE | WEEK DAY | TYPE | OPPONENTS | START TIME | END TIME | LOCATION | TRANSPORTATION | LEAGUE / NON-LEAGUE |
|--------------|----------|--|--|------------|----------|----------------------------|---|---------------------|
| Dec 16, 2022 | Fri | Practice (Modified Wrestling Practice) | N/A | 3:15 PM | 4:30 PM | Wrestling Room | | |
| Dec 17, 2022 | Sat | Regular Season | Oneonta, Windsor, Chenango Forks, Chenango Valley, Susquehanna Valley, Vestal @ Binghamton | 10:00 AM | | Binghamton High School-Gym | Departure Point: High School Gym Departure Time: 8:15 AM | L |
| Dec 19, 2022 | Mon | Practice (Modified Wrestling Practice) | N/A | 3:15 PM | 4:30 PM | Wrestling Room | | |
| Dec 20, 2022 | Tue | Practice (Modified Wrestling Practice) | N/A | 3:15 PM | 4:30 PM | Wrestling Room | | |
| Dec 21, 2022 | Wed | Practice (Modified Wrestling Practice) | N/A | 3:15 PM | 4:30 PM | Wrestling Room | | |
| Dec 22, 2022 | Thu | Practice (Modified Wrestling Practice) | N/A | 3:15 PM | 4:30 PM | Wrestling Room | | |
| Dec 23, 2022 | Fri | Practice (Modified Wrestling Practice) | N/A | 3:15 PM | 4:30 PM | Wrestling Room | | |
| Dec 26, 2022 | Mon | Practice (Modified Wrestling Practice) | N/A | 3:15 PM | 4:30 PM | Wrestling Room | | |
| Dec 27, 2022 | Tue | Practice (Modified Wrestling Practice) | N/A | 3:15 PM | 4:30 PM | Wrestling Room | | |
| Dec 28, 2022 | Wed | Practice (Modified Wrestling Practice) | N/A | 3:15 PM | 4:30 PM | Wrestling Room | | |
| Dec 29, 2022 | Thu | Practice (Modified Wrestling Practice) | N/A | 3:15 PM | 4:30 PM | Wrestling Room | | |
| Dec 30, 2022 | Fri | Practice (Modified Wrestling Practice) | N/A | 3:15 PM | 4:30 PM | Wrestling Room | | |
| Jan 2, 2023 | Mon | Practice (Modified Wrestling Practice) | N/A | 3:15 PM | 4:30 PM | Wrestling Room | | |
| Jan 3, 2023 | Tue | Practice (Modified Wrestling Practice) | N/A | 3:15 PM | 4:30 PM | Wrestling Room | | |
| Jan 4, 2023 | Wed | Practice (Modified Wrestling Practice) | N/A | 3:15 PM | 4:30 PM | Wrestling Room | | |

| DATE | WEEK DAY | TYPE | OPPONENTS | START TIME | END TIME | LOCATION | TRANSPORTATION | LEAGUE / NON-LEAGUE |
|--------------|----------|--|--|------------|----------|---------------------|---|---------------------|
| Jan 5, 2023 | Thu | Practice (Modified Wrestling Practice) | N/A | 3:15 PM | 4:30 PM | Wrestling Room | | |
| Jan 6, 2023 | Fri | Practice (Modified Wrestling Practice) | N/A | 3:15 PM | 4:30 PM | Wrestling Room | | |
| Jan 9, 2023 | Mon | Practice (Modified Wrestling Practice) | N/A | 3:15 PM | 4:30 PM | Wrestling Room | | |
| Jan 10, 2023 | Tue | Practice (Modified Wrestling Practice) | N/A | 3:15 PM | 4:30 PM | Wrestling Room | | |
| Jan 11, 2023 | Wed | Practice (Modified Wrestling Practice) | N/A | 3:15 PM | 4:30 PM | Wrestling Room | | |
| Jan 12, 2023 | Thu | Practice (Modified Wrestling Practice) | N/A | 3:15 PM | 4:30 PM | Wrestling Room | | |
| Jan 13, 2023 | Fri | Practice (Modified Wrestling Practice) | N/A | 3:15 PM | 4:30 PM | Wrestling Room | | |
| Jan 14, 2023 | Sat | Regular Season (Tournament) | Horseheads, Corning-Painted Post, Owego Apalachin, Chenango Valley, Johnson City, Vestal @ Windsor | 9:00 AM | 8:00 PM | Windsor High School | Departure Point: High School Gym Departure Time: 7:30 AM | L |
| Jan 16, 2023 | Mon | Practice (Modified Wrestling Practice) | N/A | 3:15 PM | 4:30 PM | Wrestling Room | | |
| Jan 17, 2023 | Tue | Practice (Modified Wrestling Practice) | N/A | 3:15 PM | 4:30 PM | Wrestling Room | | |
| Jan 18, 2023 | Wed | Practice (Modified Wrestling Practice) | N/A | 3:15 PM | 4:30 PM | Wrestling Room | | |
| Jan 19, 2023 | Thu | Practice (Modified Wrestling Practice) | N/A | 3:15 PM | 4:30 PM | Wrestling Room | | |
| Jan 20, 2023 | Fri | Practice (Modified Wrestling Practice) | N/A | 3:15 PM | 4:30 PM | Wrestling Room | | |
| Jan 23, 2023 | Mon | Practice (Modified Wrestling Practice) | N/A | 3:15 PM | 4:30 PM | Wrestling Room | | |
| Jan 24, 2023 | Tue | Practice (Modified Wrestling Practice) | N/A | 3:15 PM | 4:30 PM | Wrestling Room | | |

| DATE | WEEK DAY | TYPE | OPPONENTS | START TIME | END TIME | LOCATION | TRANSPORTATION | LEAGUE / NON-LEAGUE |
|--------------|----------|--|--|------------|----------|---------------------|--|---------------------|
| Jan 25, 2023 | Wed | Practice (Modified Wrestling Practice) | N/A | 3:15 PM | 4:30 PM | Wrestling Room | | |
| Jan 26, 2023 | Thu | Practice (Modified Wrestling Practice) | N/A | 3:15 PM | 4:30 PM | Wrestling Room | | |
| Jan 27, 2023 | Fri | Practice (Modified Wrestling Practice) | N/A | 3:15 PM | 4:30 PM | Wrestling Room | | |
| Jan 28, 2023 | Sat | Regular Season | Windsor, Ithaca, Chenango Forks, Maine-Endwell, Johnson City, Binghamton @ Oneonta | 9:00 AM | | Oneonta High School | Departure Point: High School Gym Doors Departure Time: 8:00 AM | L |

Date: 2026-02-13